





Improper Food Combinations Chart

FOOD TYPE	INCOMPATIBLE WITH
FRUIT 	<ul style="list-style-type: none"> • Avoid with ALL other foods! • This is quite possibly the most important Food Combining Rule of all, and should be followed fairly strictly. • Fruit is best eaten by itself at least 30 minutes before a meal or at least 2 hours after a meal. • This means to avoid peanut butter and jelly, mixed fruit and nuts, fruit smoothies with yogurt, oatmeal with fruit, and fruit for dessert. • Melons are said to be the most detrimental and should always be eaten alone. • A couple of exceptions are said to be raisins and dates, which can often be eaten with other foods—however, those with sensitive digestions may need to avoid this anyhow.
VEGETABLES	<ul style="list-style-type: none"> • Avoid with fruit. • Avoid raw veggies with cooked veggies. • Veggies combine well with both starches and proteins.
EGGS	<ul style="list-style-type: none"> • Avoid with fruit (especially melons!), beans, cheese, fish, kitchari, MILK, meat, yogurt
GRAINS	<ul style="list-style-type: none"> • Avoid with fruit and tapioca.
HONEY 	<ul style="list-style-type: none"> • Avoid with equal amounts of ghee by weight (not volume) • Avoid cooking, heating, baking, or boiling honey, as this causes the molecules to become a toxic “glue” that is indigestible to the body
YOGURT	<ul style="list-style-type: none"> • Avoid with fruit, cheese, eggs, fish, meat, MILK, and nightshades. • Avoid with hot foods or drinks, as this can kill the beneficial bacteria.
MILK 	<ul style="list-style-type: none"> • Avoid with all fruit especially, BANANAS, LEMONS, and sour fruits. • Avoid with bread with yeast, fish, kitchari, meat, and yogurt
LEGUMES	<ul style="list-style-type: none"> • Avoid with fruit, cheese, eggs, fish, milk, meat, and yogurt. • Legumes are recommended to be eaten with starches (e.g. rice) to create a “perfect” protein.

NIGHTSHADES 	<ul style="list-style-type: none"> • Avoid with cucumber, dairy products, and melon. • Nightshades should be avoided by anyone with an inflammatory condition such as arthritis, acid reflux, IBS, or inflammatory GI disorders. • Nightshades often increase gas and bloating and should be avoided by Vata types as well. • Nightshades include tomatoes, potatoes, eggplant, and peppers.
LEMON	<ul style="list-style-type: none"> • Avoid with cucumber, milk, tomatoes, and yogurt